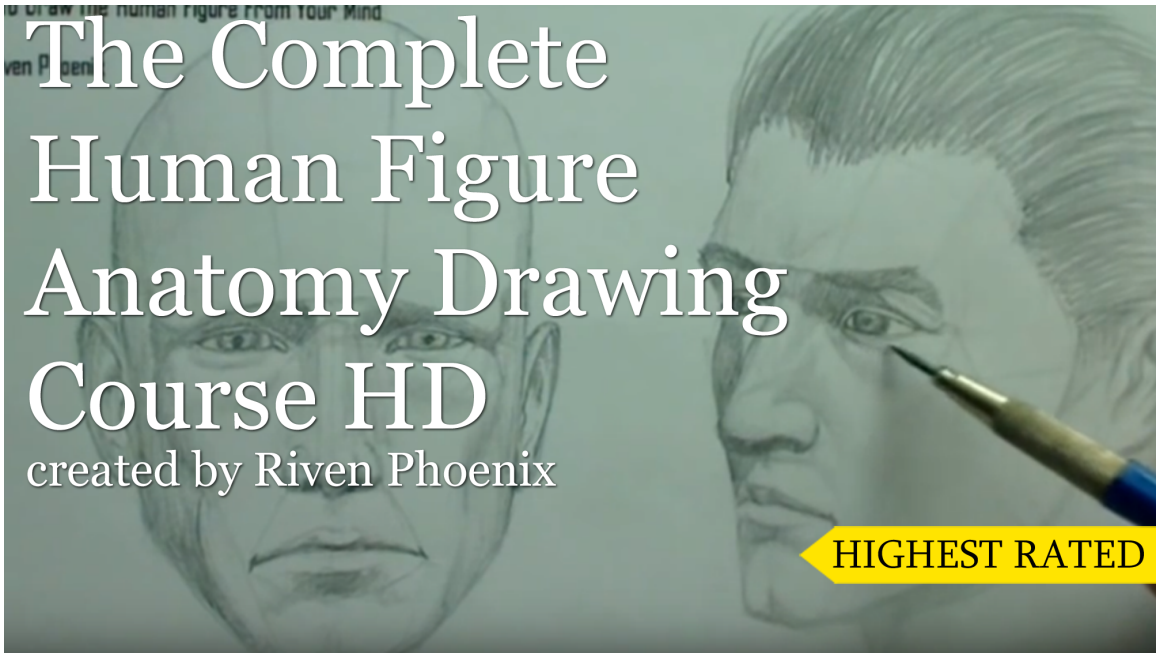

The Structure of Man

Learn to Draw the Human Figure From Your Mind with Riven Phoenix

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Figure Drawing Lesson 065 - Formulas for the Human Hand - Part 1

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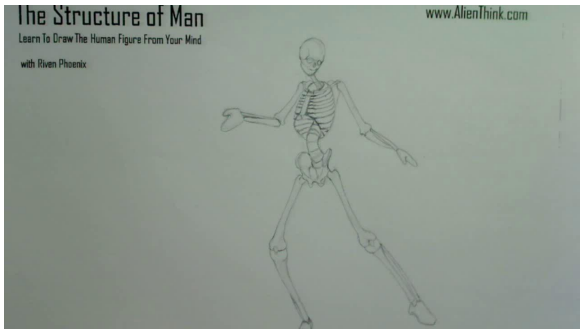
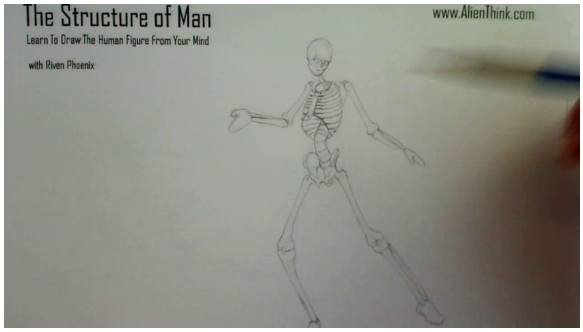
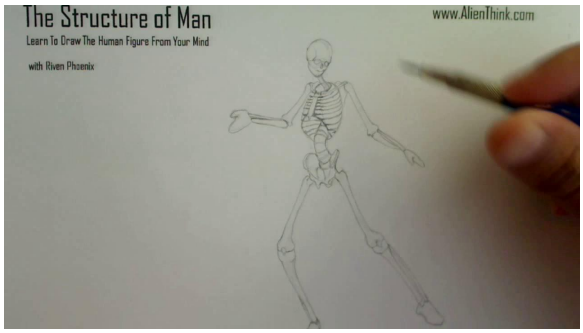
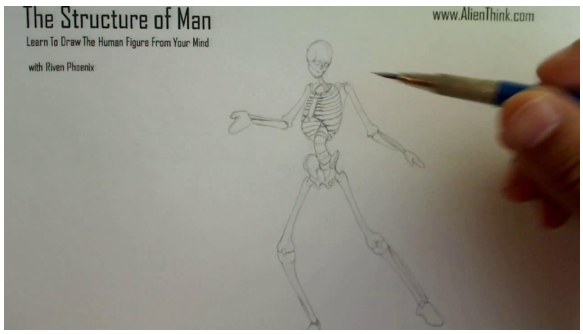
1		Hey guys, my name is Riven Phoenix and welcome to the structure of man learn to draw the human figure from your mind training course.
2		Okay, so in the previous lesson here we saw that we can just use the gesture system and be able to draw really any kind of pose that we wanted.
3		And basically the only thing that is left now is that we need to invent the concept of the head.
4		Okay, so since we have to invent the hand, it's going to obviously become much more easier for us to draw it.

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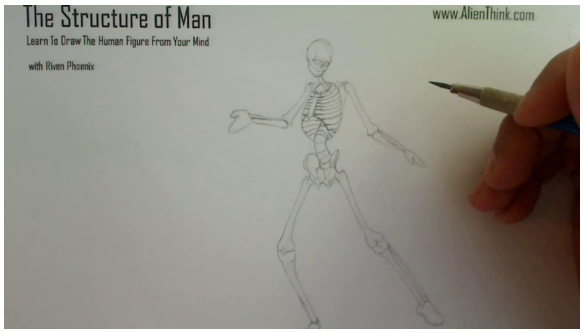
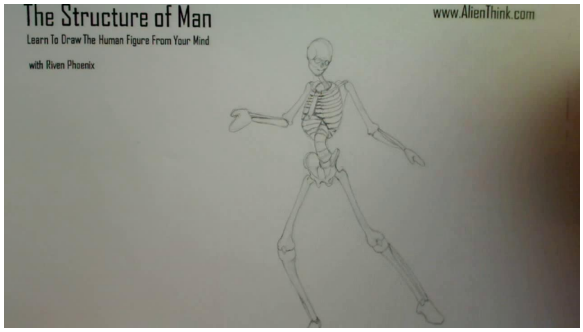
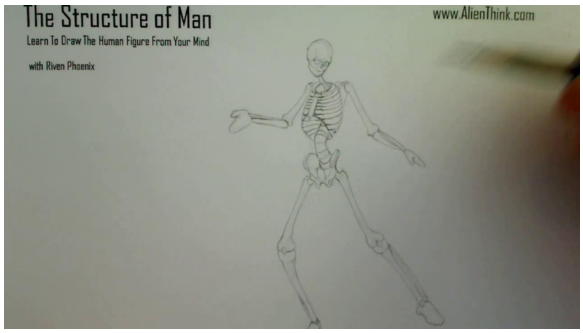
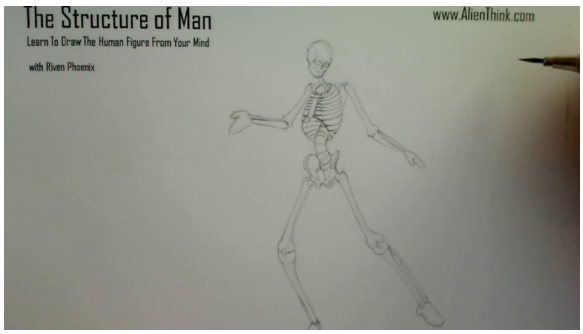
5		And on a side note, historically the hand has always been understood as probably the most complicated part of the human figure to understand.
6		And really the reason for that is the stigma behind it is because of the lack of understanding of the anatomical structure of what is really going on with the hand.
7		But if you don't know really the background information as to how the hand is put together, you go, historically you will always have a much more tougher time with it.
8		Right, so the only way to conquer the hand is that we have to understand it really some of its secrets as to what causes it to look the way it does.

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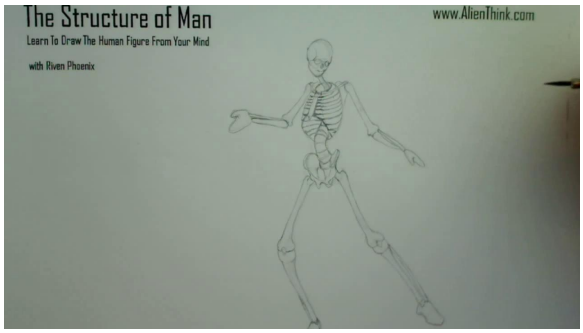
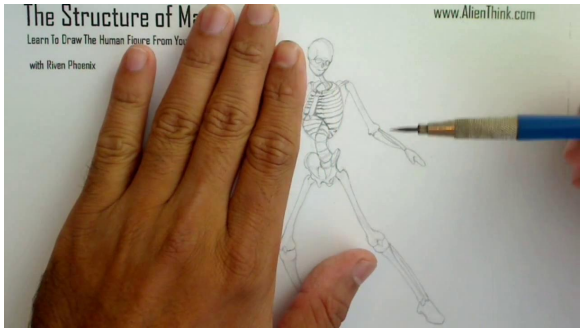
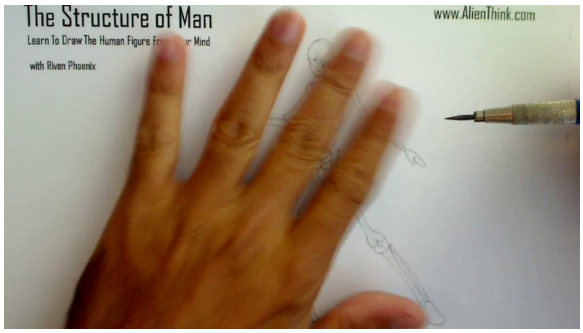
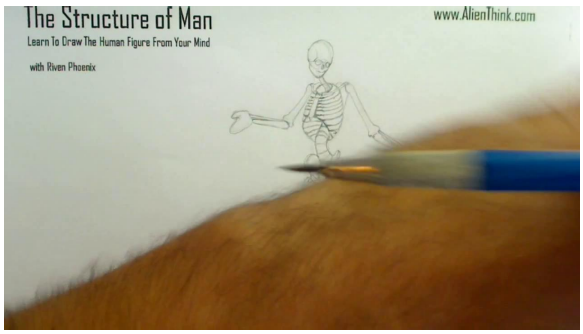
9		So here just let's just look at my hand here for a second and you can compare your hand.
10		So the hand is obviously the only thing that we can see that we can always use as a reference if we need to draw some kind of a hand regardless if you draw it from the mind or if you need to draw it realistically you always have it in front of you.
11		So if you take a look at the hand here, one of the first things is that over here you'll see that this bone on the side here is going to be the ulnar.
12		So you can see that this bone is now connected all the way to my elbow.

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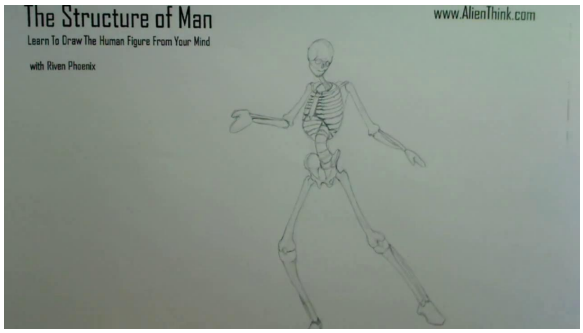
13		So this is the ball joint of the ulnar that's coming over here.
14		So the radius is right all the way over here. The radius is always on the side of the thumb.
15		So the other thing is that there are bone systems in here that belong to the hand and you can see that regardless of what you do if you do like a fist, the only part that really moves is this bone over here.
16		Everything is locked in place, right? You would have to like really push in your hand to get it to work.

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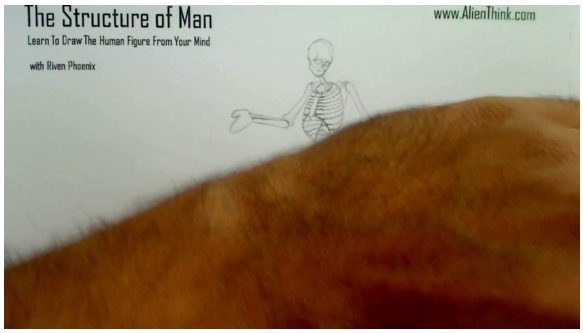
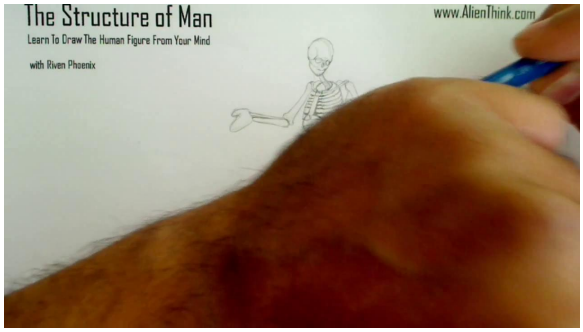
17		And if I take my pencil and try to move this bone here, you'll see that I can only do it when I push against it.
18		I mean that when you're trying to lift something up or I say if in the case of if you're putting it against the wall or something, right?
19		It would have to be this knuckle. It would have to really move it.
20		So this part of the hand really does not move at all, right?

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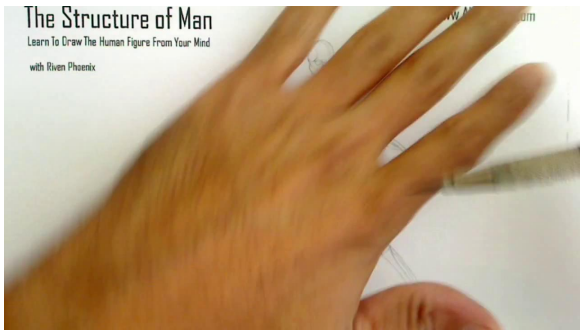
21		And then this part here is going to be later on when we look at the muscles is going to be this fatty area over here, right?
22		So there's a bone over here of the thumb that does move, right?
23		Compared to these bones that are locked in place in the palm of the hand and this bone does move.
24		And the other thing is that what's going to happen is that we're going to begin to understand some very mysterious things about it.

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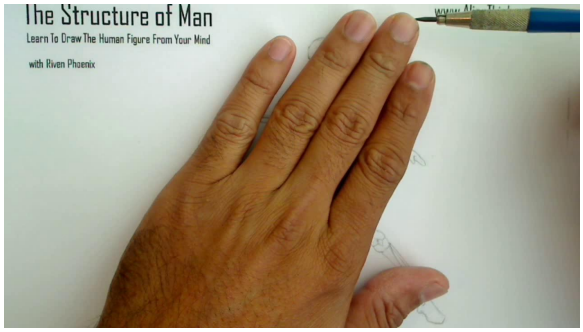
25		Is that you'll notice that the middle finger is the most longest finger, okay?
26		But if you take a look at this area here, right, your index finger, this line over here, this is more longer than this one.
27		This is a little shorter, okay? But look what happens in the end.
28		This becomes more longer, this becomes more shorter, right?

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29		So this is a conceptual idea if you get that the index finger, this guy's ring finger is longer than the index finger,
30		but over here, this is longer than this one over here.
31		And I've got the small finger look where it ends. It's just right here, okay?
32		And the other thing is that your bone structures that we're going to invent.

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33		We're going to say that the bones are going to be here, they're going to be here, and then there's going to be a small bone only over here.
34		Meaning that this area here where the nail joins, there is no bone, okay?
35		The bone only connects over here, small piece of bone in all these areas.
36		Here, there is no bone when it comes to the nails, but this part is all fatty tissue, meaning that adds to the length of the hand.

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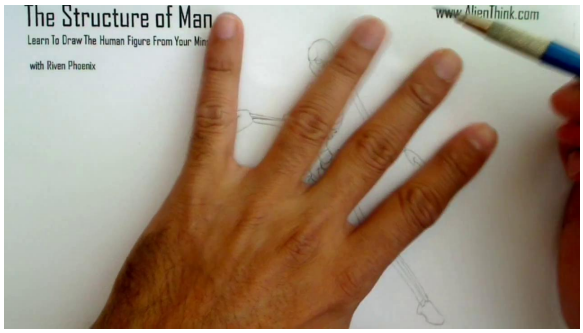
37		So we haven't got it really into the muscles, but you can see that we've got this web over here, right?
38		This web here, but over here we have to take account that this web that on the other side, it's really over here, right?
39		There's a web over here.
40		And then of course you've got your knuckles over here.

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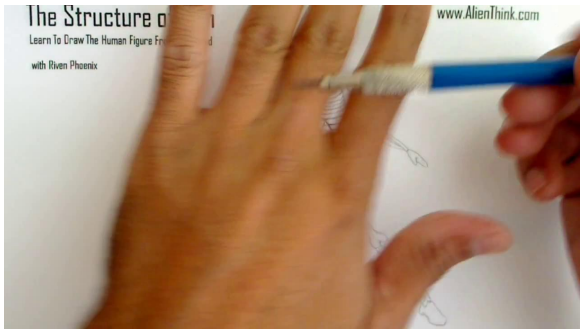
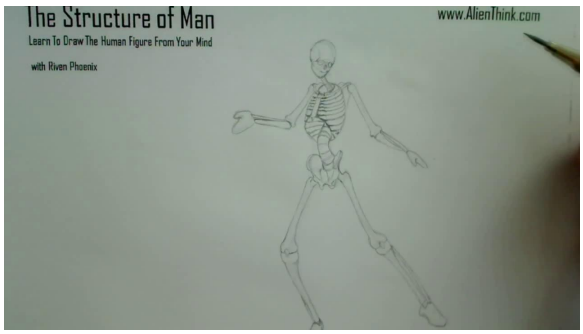
41		So if you take a look at this, you'll see that there's an angle that goes across in this way, and it goes across this way, right?
42		So this angle is going here, and it goes here, right?
43		And it repeats again, but it's much more closer, and it does it again, and it does it again, and does it again.
44		So to understand the hand, we just need to get the conceptual idea down, you'll see that how easy it will start to confirm this concept.

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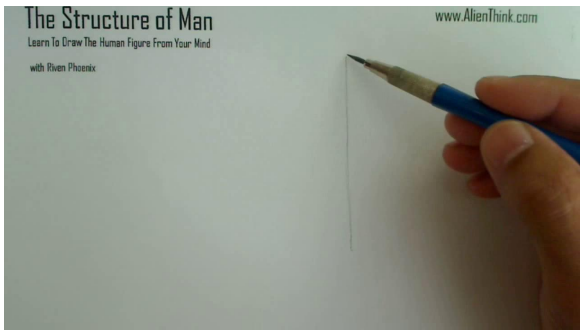
45		So the first thing that we'll do is we're going to have to draw a, basically we need to understand this formula wise.
46		We're just going to draw a rectangle over here.
47		So basically the understanding of the entire length of the human hand is really the entire length of the human head, right?
48		So basically right over here, I'm going to cut it off, but just know that about this is going to be the human head a little bit above.

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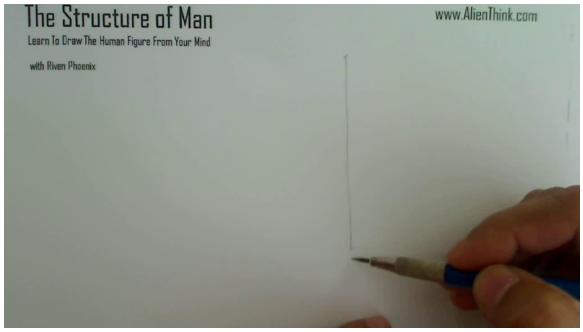
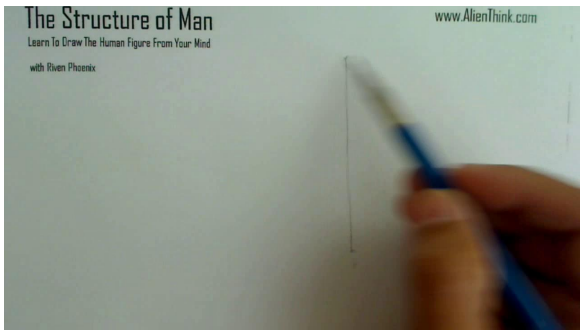
49		And the reasoning is that really in the end we're just going to push it down, and over here you'll get your fingernails, right?
50		So it's really the whole cut over here.
51		So technically what we can do to make it easier, this is the top of the head, this is going to be your chin over here, and it's really in the formula case, it's over here, but your fingernails make it come all the way down, right?
52		And then the width of the hand, it's really going to be, we're talking about the palm of the hand is going to be half of a head, right?

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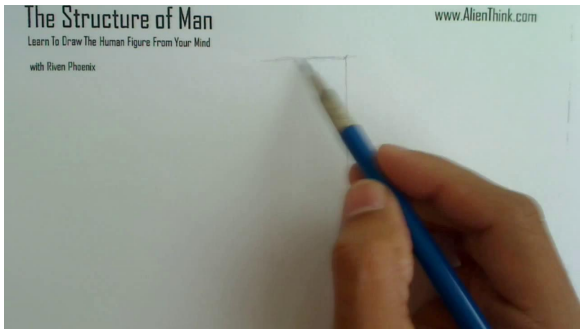
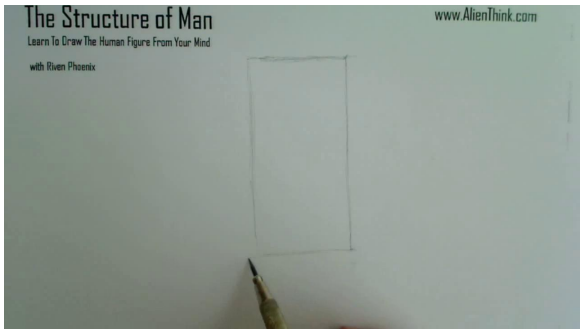
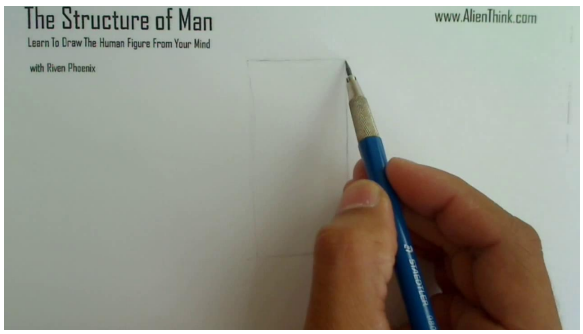
53		So here we can just make an assumption that, okay, if we'll, if the head was like this and we kind of like drew it in this way, we'll get about an idea like this, right?
54		So again, I would just draw out a rectangle like this over here, right?
55		First conceptually get the idea down, and again in that drawing process we can just come back in and erase and just make these lines much more better, right?
56		Or be accustomed to your drawing process, right? It doesn't, every time you lift the eraser to fix something, does not mean you trigger happy with the eraser, right?

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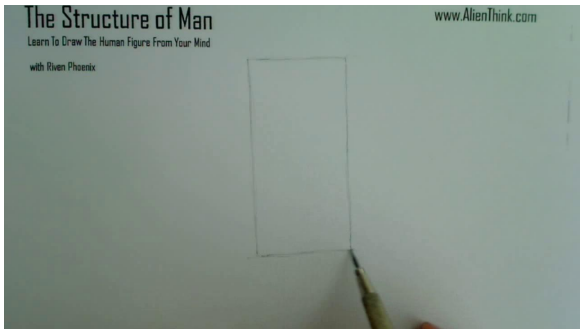
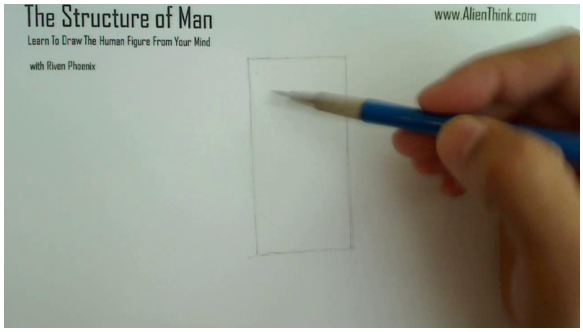
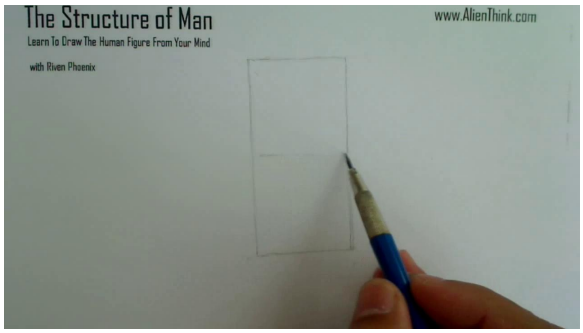
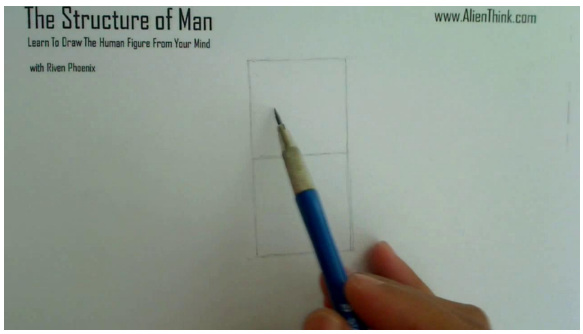
57		These are like these stigmas that are attached to drawing that a lot of students come up, we come in with not understanding the drawing process and the purpose of the eraser, as to what it's really there for, right, to help you take the drawing through a manifestation process.
58		So once we have this, we're going to basically right now divide this, right?
59		So we're going to have to understand this a little more slowly like we did the human head because this is an important part of the human body that has to be conquered.
60		So basically we're going to divide this in half like this and we're going to divide this in half like this.

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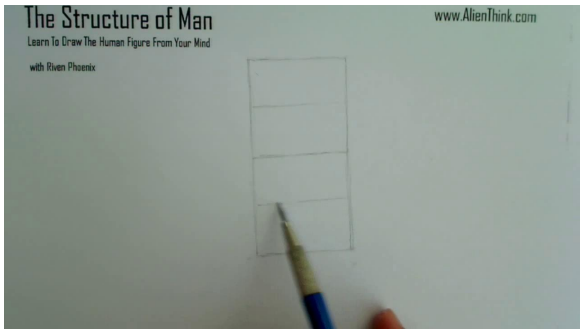
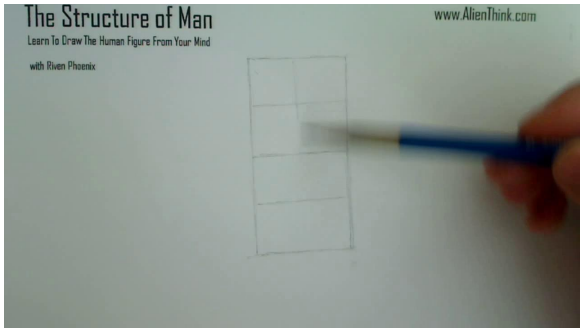
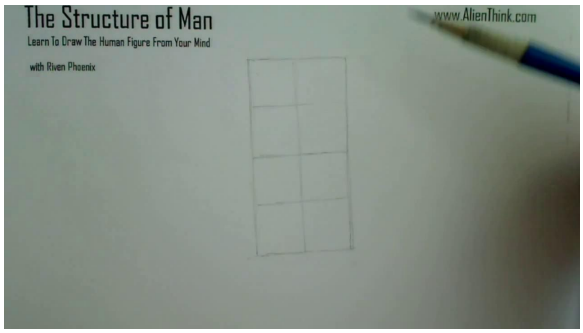
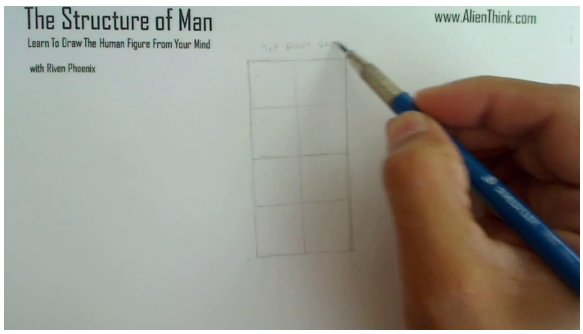
61		Okay, so and from here we're just going to take one center line across, right?
62		So this will give us the basic formula for that.
63		So here we're going to take a look at the top right hand, okay?
64		So this means we're looking at this, turn this way, so my thumb would be here.

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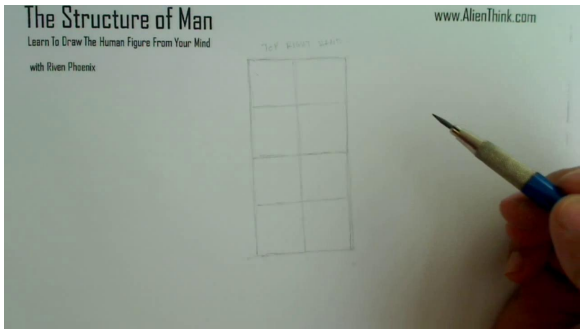
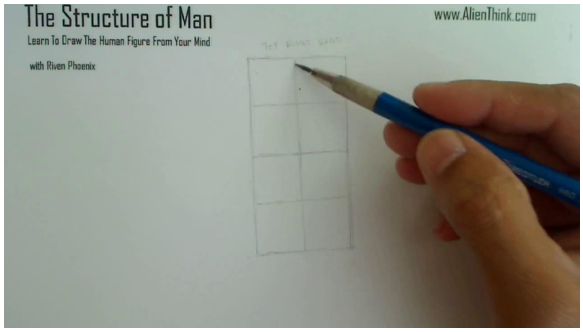
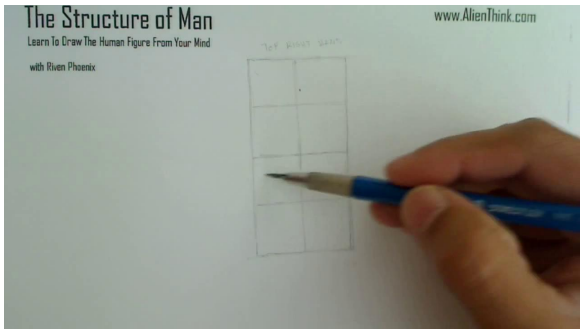
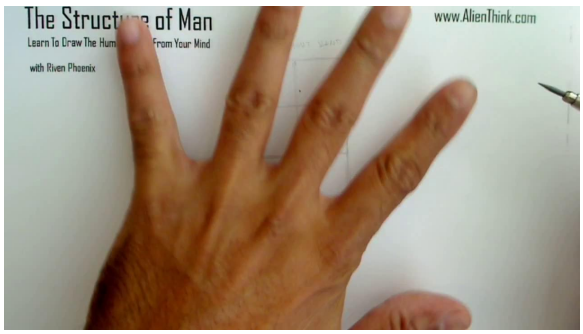
65		Okay, so the first thing to do is that when we're in this coordinate space, remember this is technically if you understood this in a form of the hand, if you were drawing a free hand, it's really about this x over here.
66		Okay, so the one now here again is the width of the palm, right?
67		The fingers are obviously going to be going outwards, right?
68		They go outwards.

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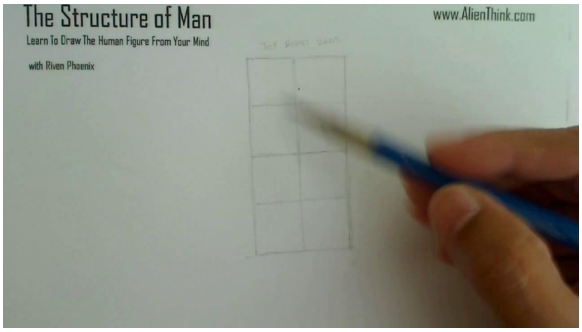
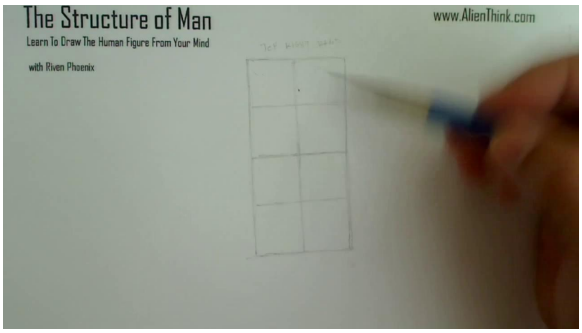
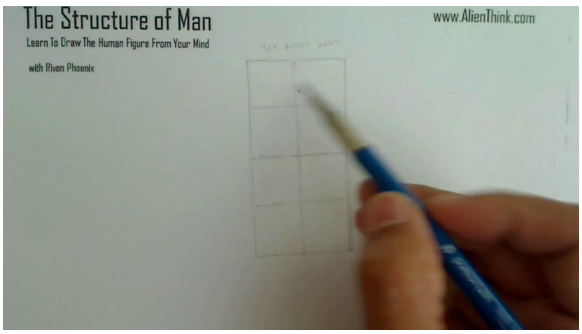
69		The palm size is based on that ratio, right?
70		Okay, so as soon as you get this length, just know that you've already figured out the size of the palm, the palm is just going to be here for the hand.
71		Okay, so it's going to be this size.
72		So the first thing is that we need to figure out what's going on with the wrist area here.

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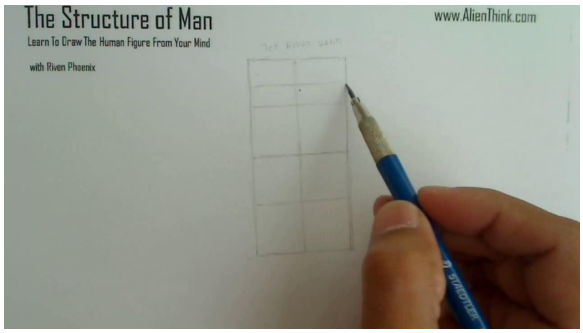
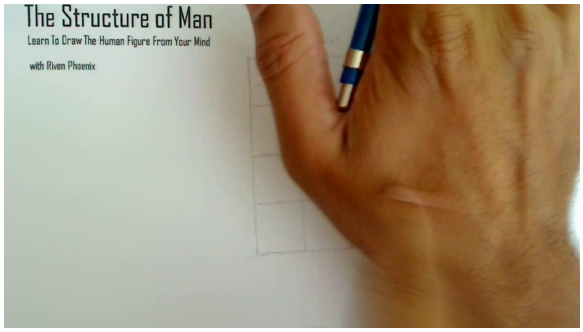
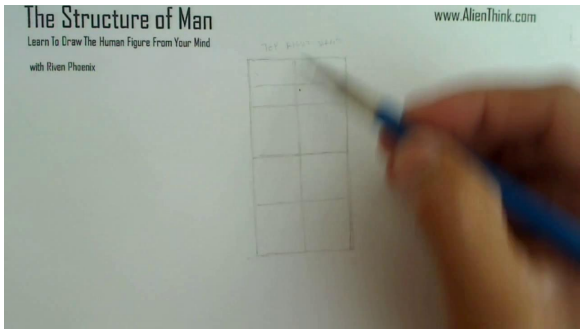
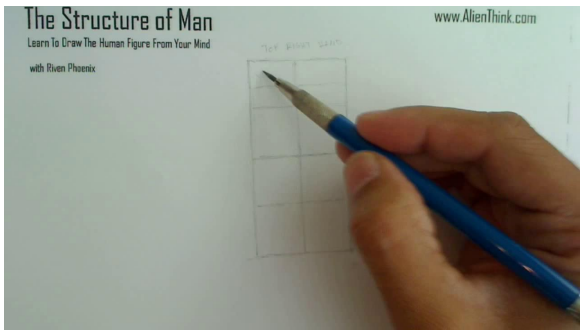
73		So we're talking about this area over here, right?
74		The wrist area over here with full of bones that connects over here to the all-lander radius.
75		So to understand this, it's actually very simple.
76		We basically start out with a point here in the center and we're going to drop this down.

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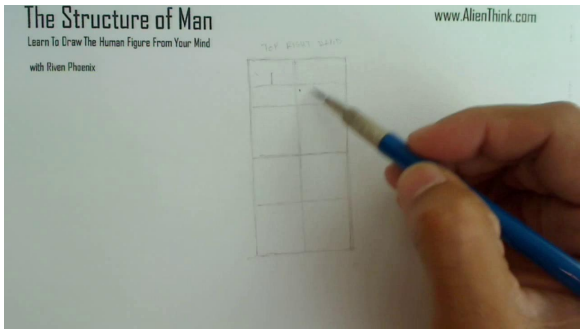
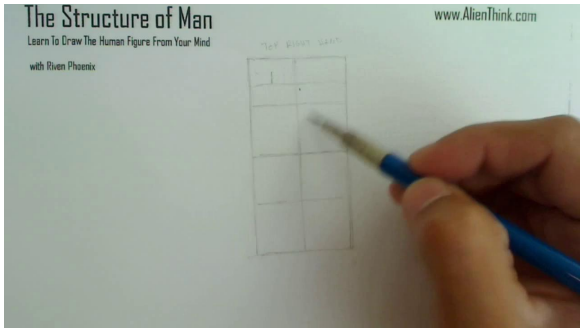
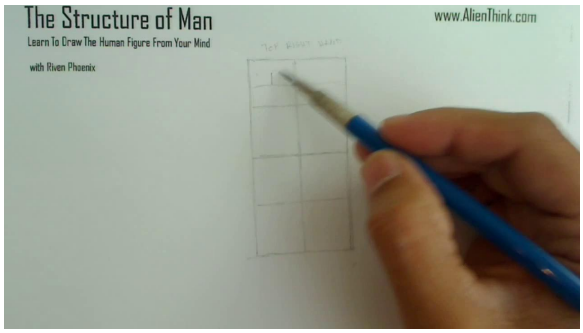
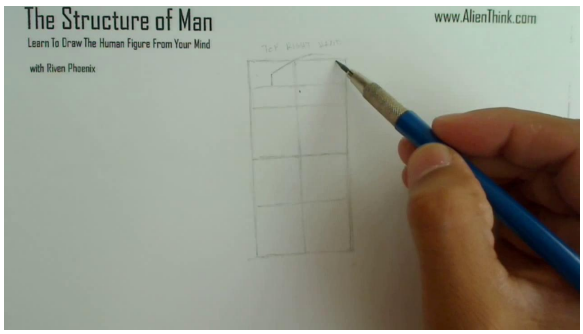
77		Again, we're going to understand it conceptually.
78		And you'll see as long as you have a conceptual idea down, you can make the hands.
79		Basically, this guy here is going to go like this above, from here, touching this point above, and it's going to come around this way.
80		And from here, just about here, you can just come down in this way, then come out this way and finish it off.

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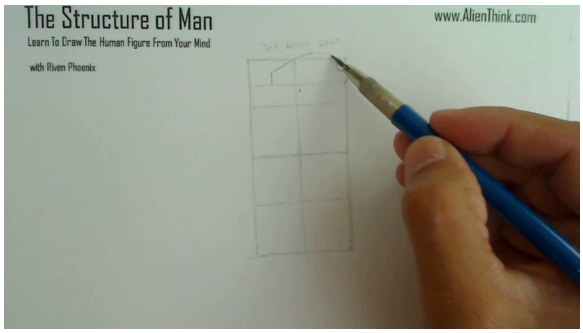
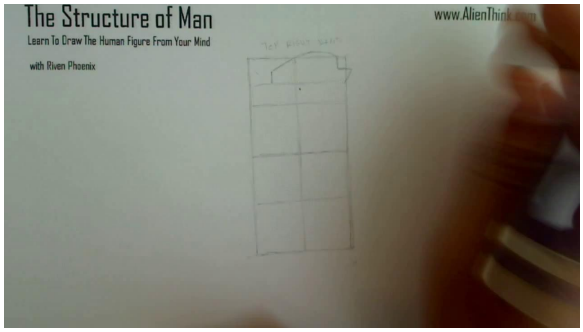
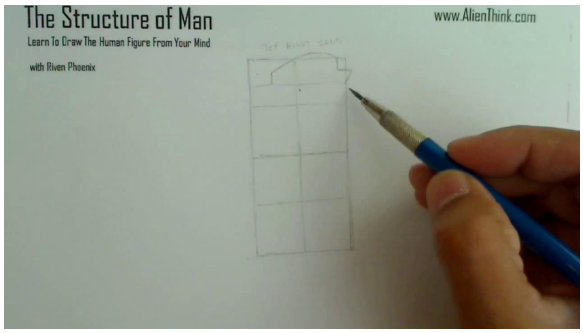
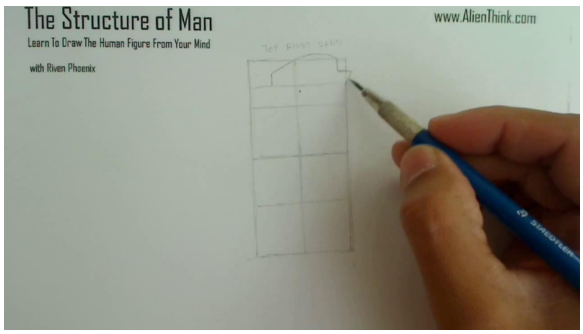
81		Right? So what is this thing here?
82		So basically, what this is is we're creating an area here for the wrist where the thumb is going to connect.
83		The bones for the thumb, this bone is going to be connecting over here, which we'll look later on.
84		But this is an important concept to get.

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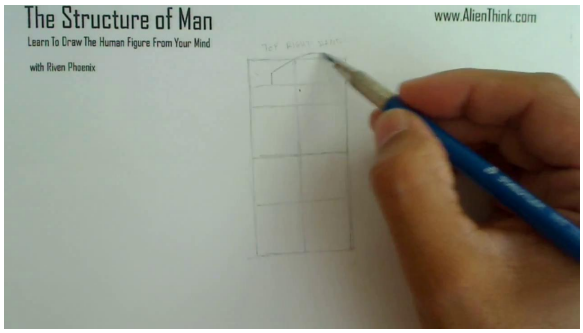
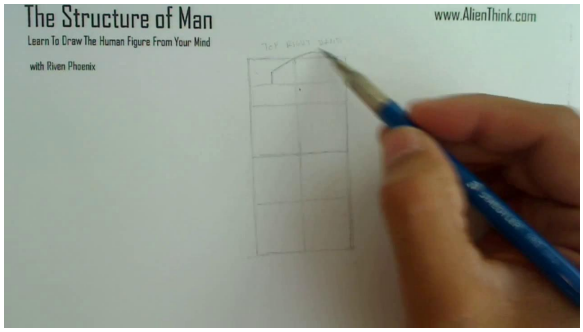
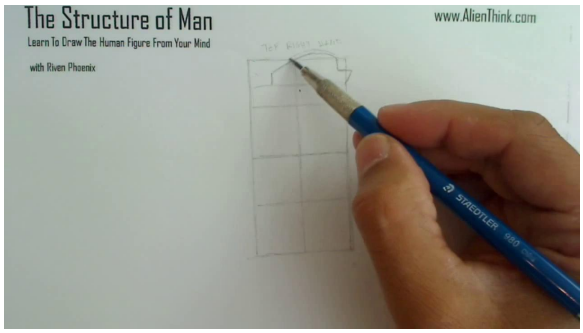
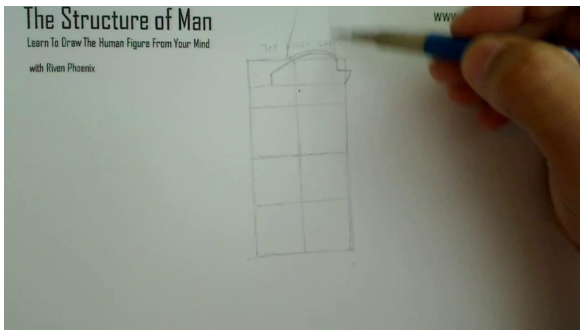
85		So how does this wrist area connect to the whole system?
86		So we know that the radius, the radius is basically where this half is.
87		It's going to come all the way like this and the radius is just going to go up about its business.
88		However, it connects up there.

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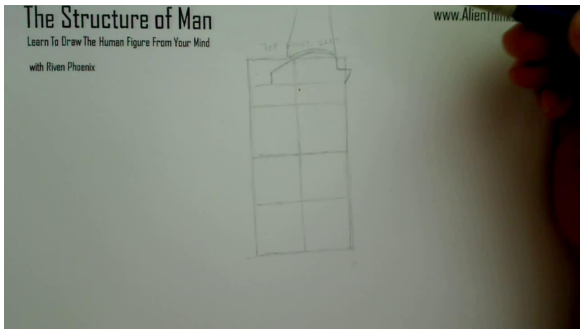
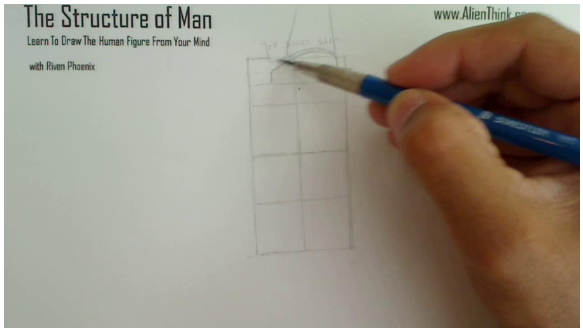
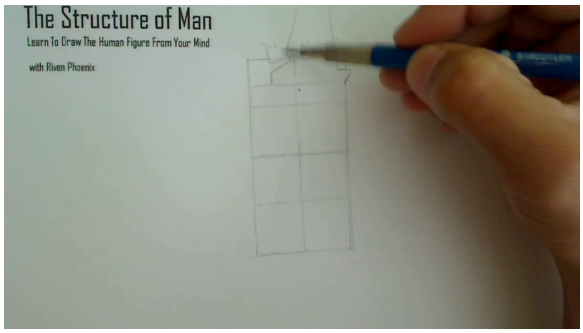
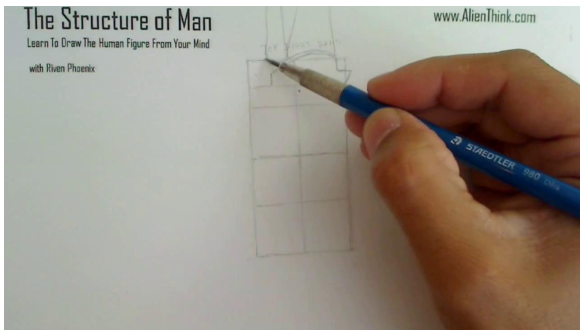
89		Right? That means the ulna is going to be over here.
90		This is the bone that becomes your elbow.
91		Right? So this bone is just going to be over here like this and it's going to go up about its business.
92		So the ulna, this guy here, makes a significant impact on the anatomical structure of the human figure

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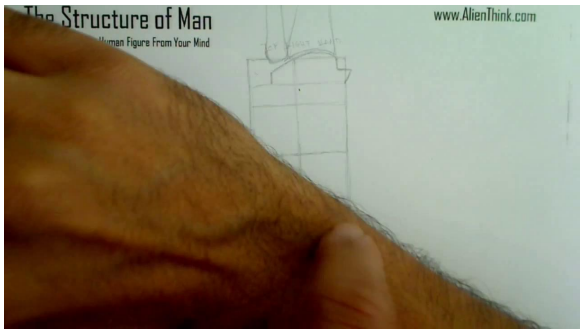
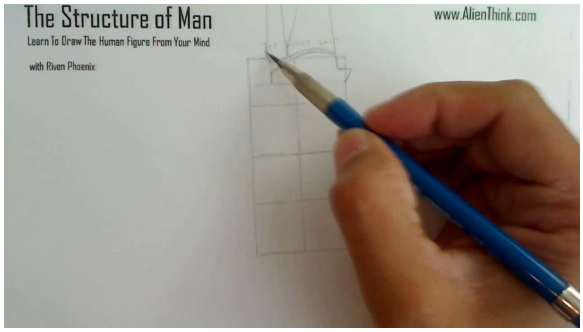
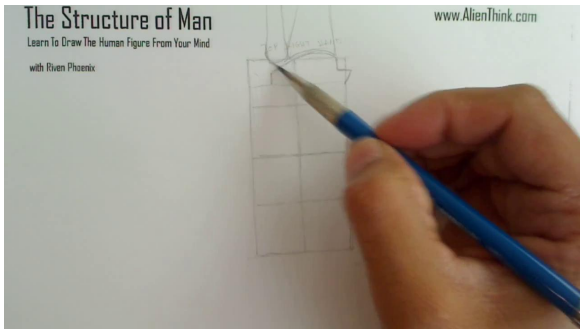
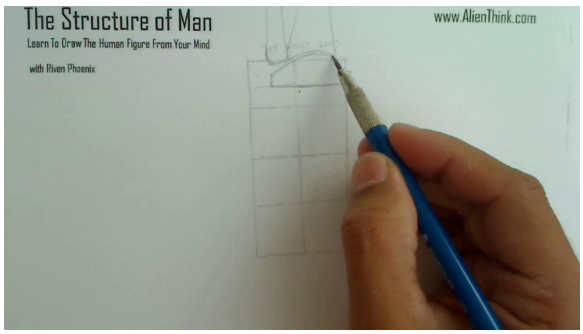
93		because you always get this bone here.
94		And that's what this guy is.
95		And you can notice how we get this very basic shape over here.
96		So that's a lot of information just to comprehend here.

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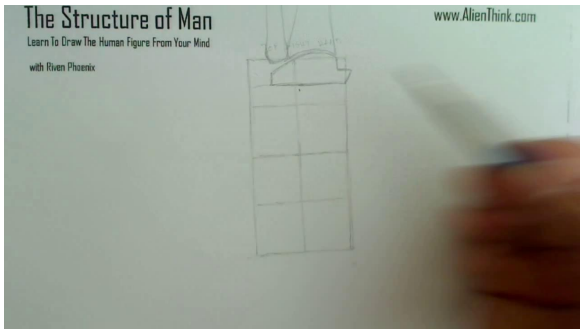
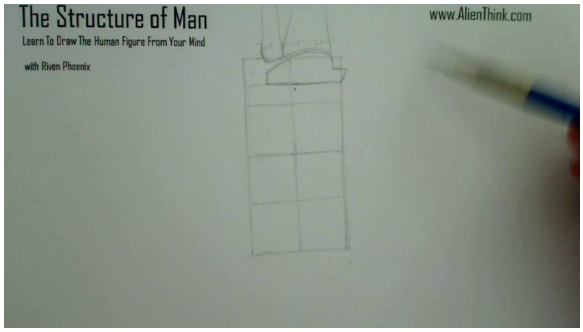
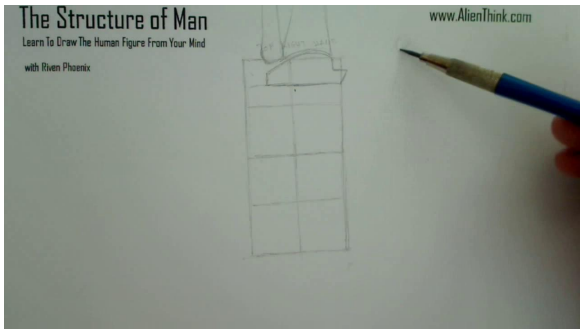
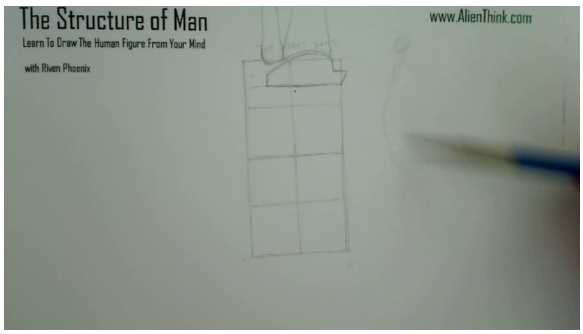
97		So what we're going to do now is take a look at how do we draw this free hand.
98		So let's say if this was, here we're going to draw out, let's say the arm over here.
99		We're going to use like a jester system.
100		We draw out the arm over here.

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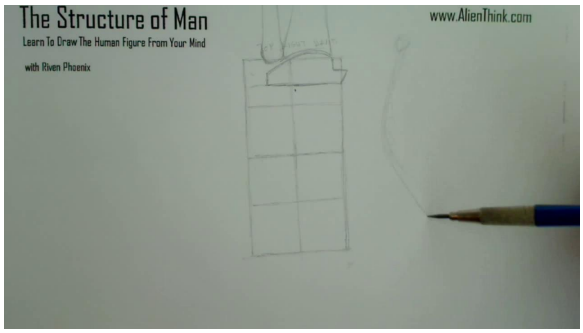
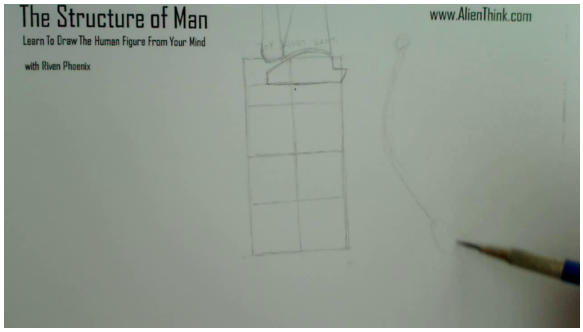
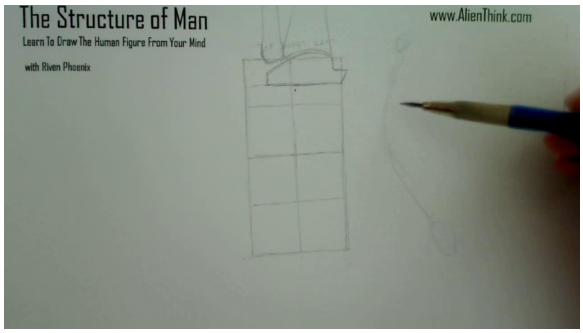
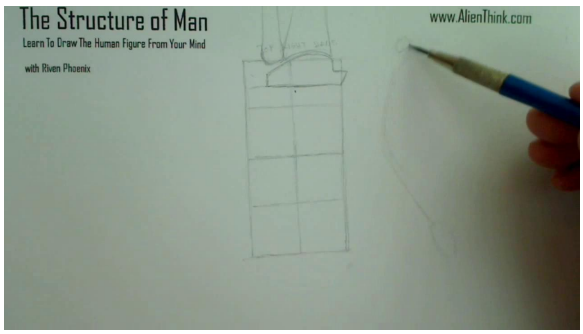
101		We bring it up like this and here we were making like this Mickey Mouse shape off the hand.
102		Okay?
103		So let's just turn this into the actual bone structure.
104		So we know that over here we're going to get the humorous bone is going to come like this basically.

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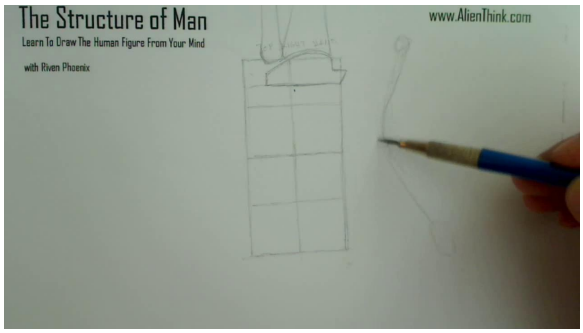
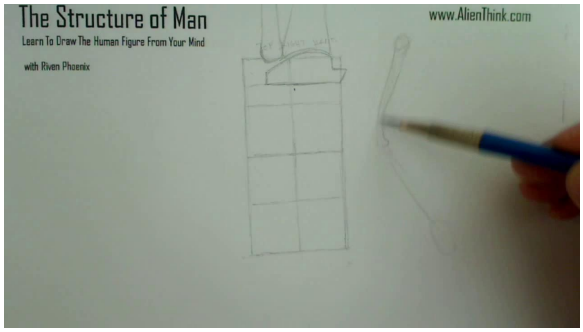
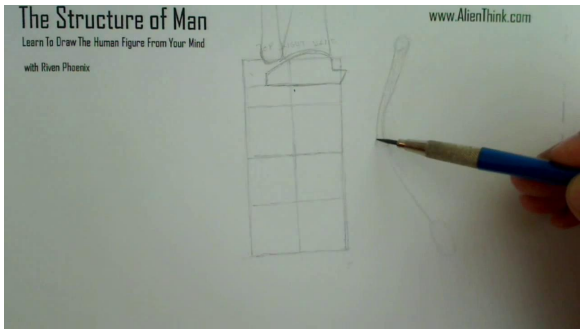
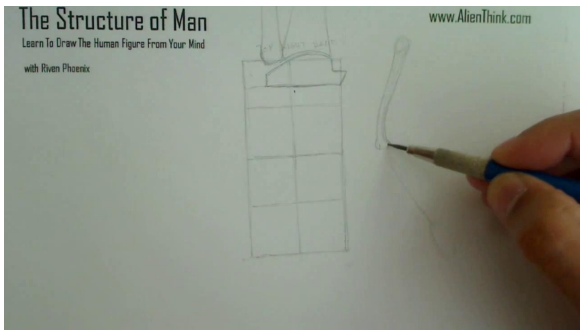
105		It's just going to be like this, right?
106		Just imagine it that it's going this way.
107		You're going to get your point over there and it's going to have this little bit of curve and you're going to get those things here.
108		You don't have to be that detailed with this.

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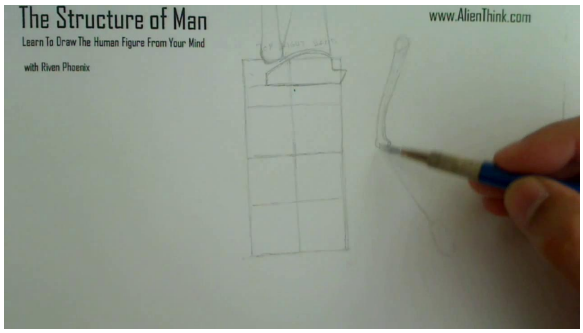
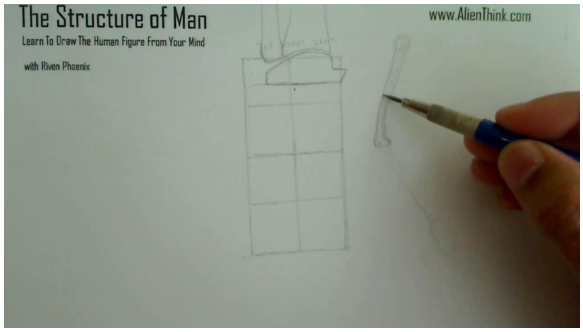
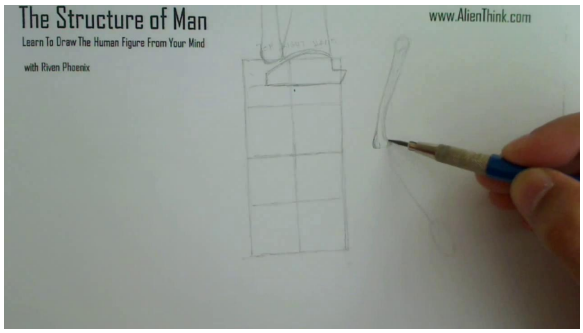
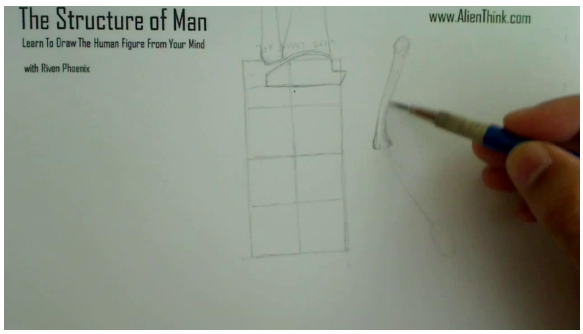
109		We're basically just getting the concept down, right?
110		So it's going to be obviously a little more bigger here, right?
111		Because we got to remember that this is the ball joint and this has to be more bigger than the ball joint, right?
112		So just we're going to just sketch it out a little bit like this.

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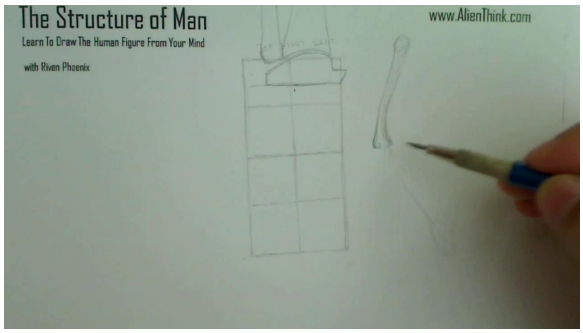
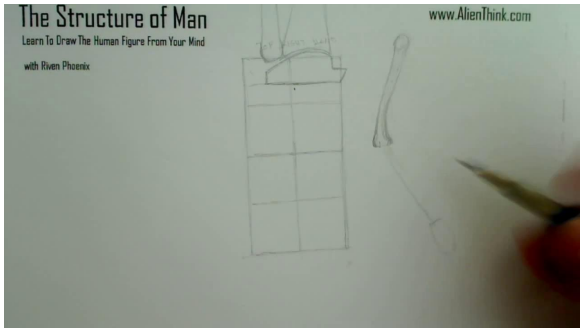
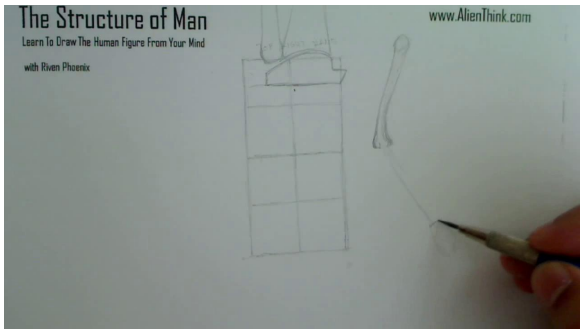
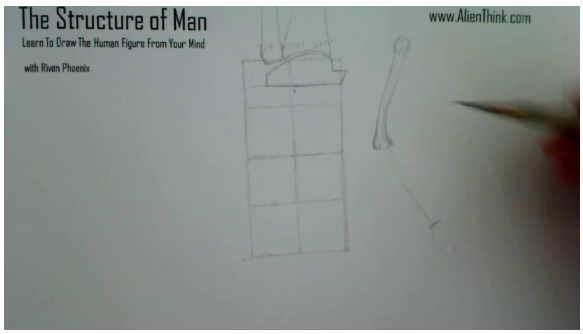
113		So this is, let's say the palm of the hand exactly like this we're looking at it.
114		The thumb is going to be on this side.
115		Okay?
116		So what happens is that this is the ulna.

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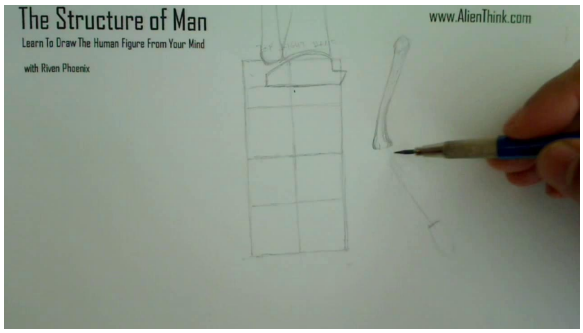
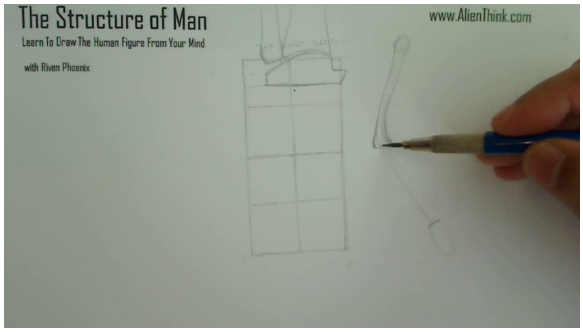
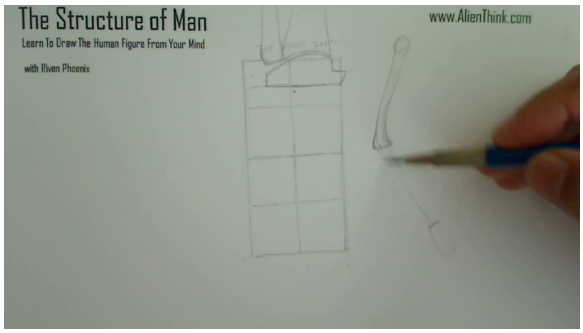
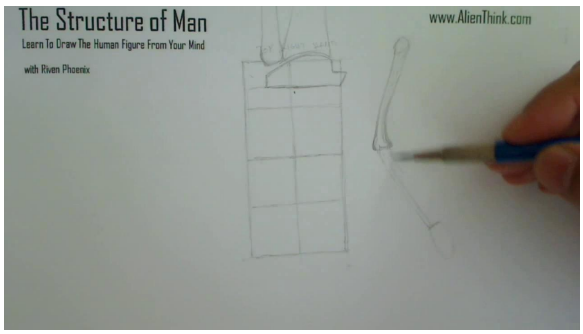
117		We know that this guy here, right?
118		This is going to be the ulna.
119		It's going to come over here and it's going to connect over here.
120		Right?

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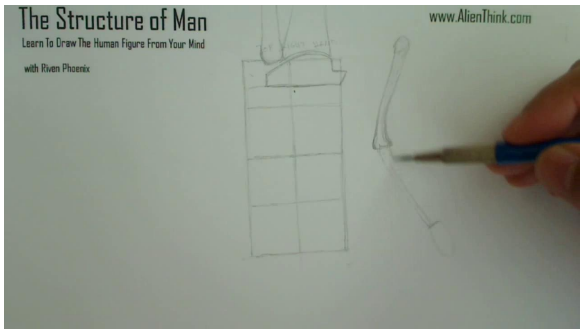
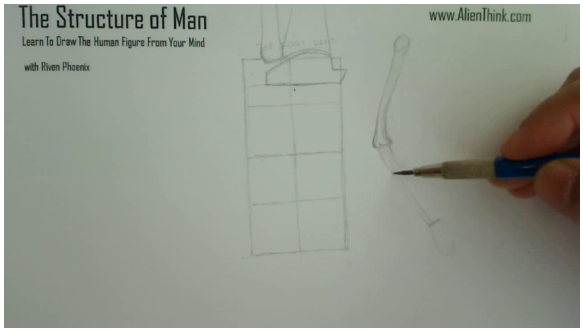
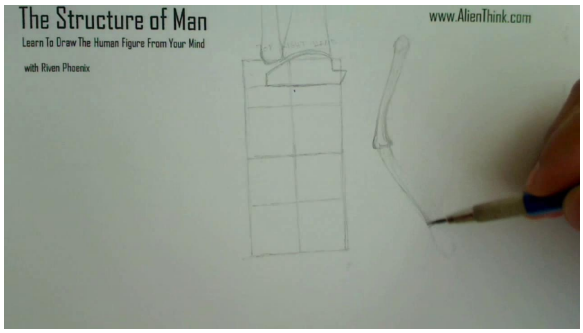
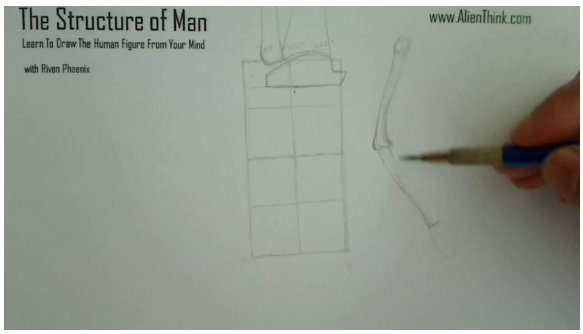
121		So this guy, we have to go back to our former, our former's understanding as to how this is working.
122		This guy here is going to be like this on an angle, right?
123		Because we had said it comes in.
124		It's just going to go like this.

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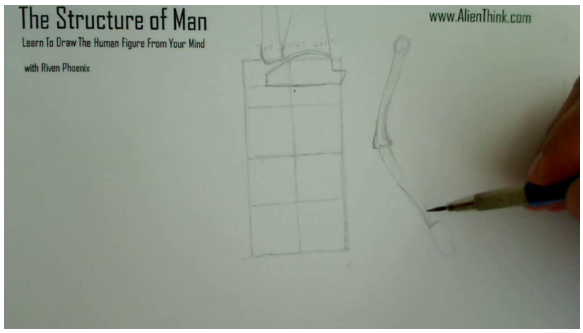
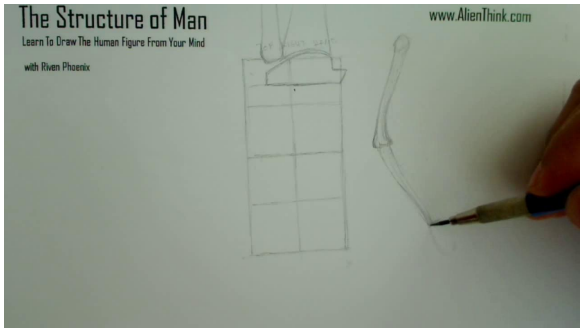
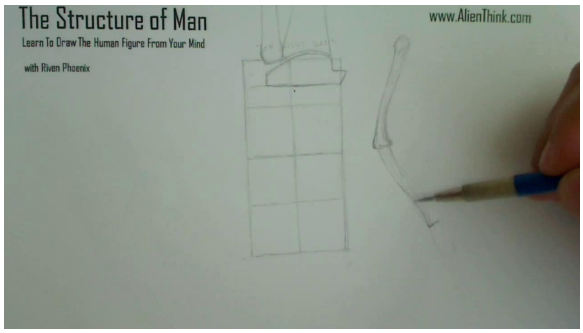
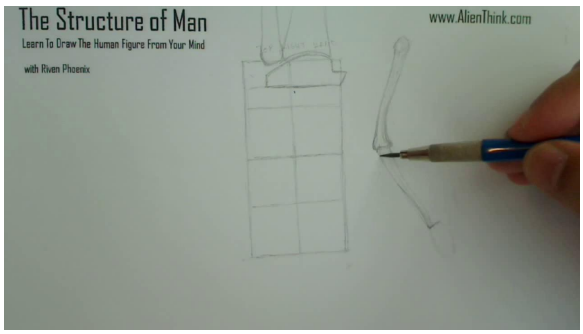
125		Okay?
126		So this is coming on the side over here.
127		But what happens is that the radius is now going to come over here.
128		It's going to twist around and it's going to sit over here.

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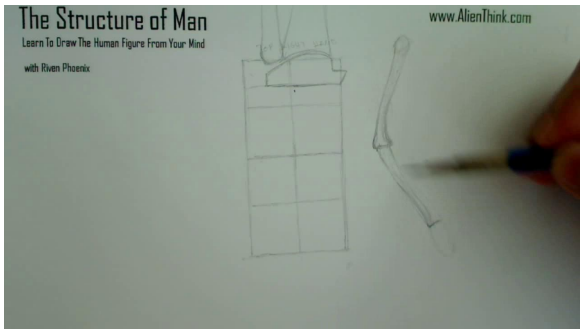
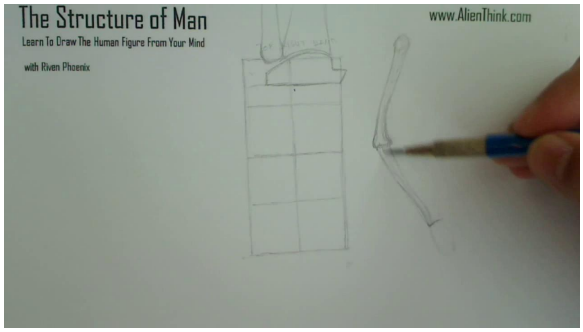
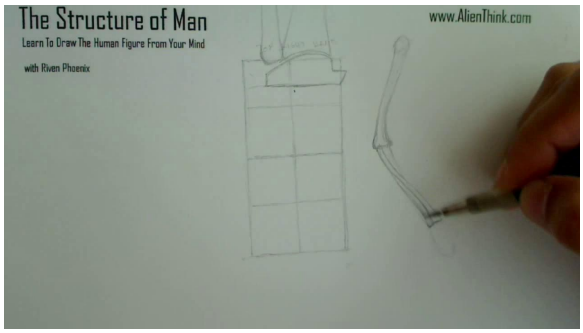
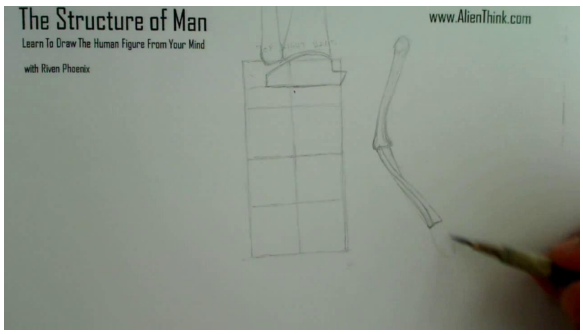
129		Right?
130		So this is what happens in the forearm and why the understanding of the muscles is going to be crucial in this bone structure is because the muscles are going to start wrapping around.
131		So basically, it's all we need to understand conceptually what is going on in the bone structure.
132		So what this means is that we were drawing this free hand, right?

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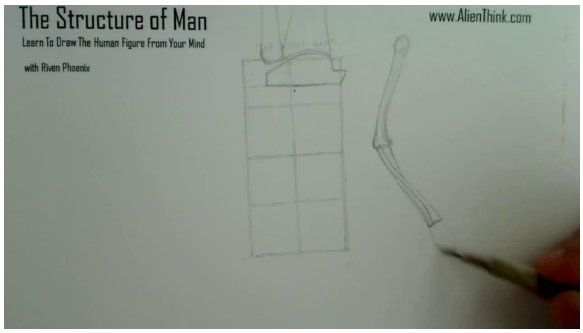
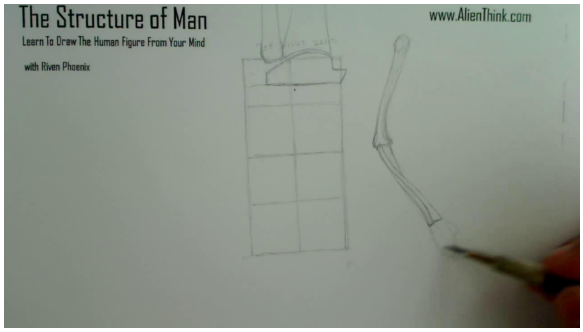
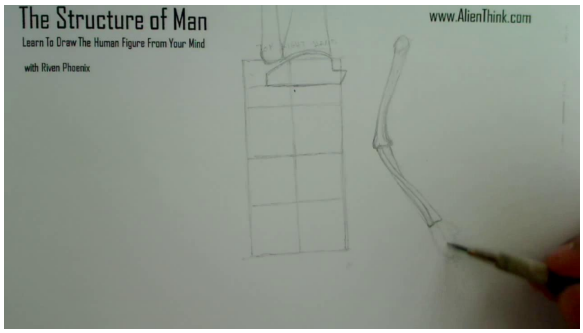
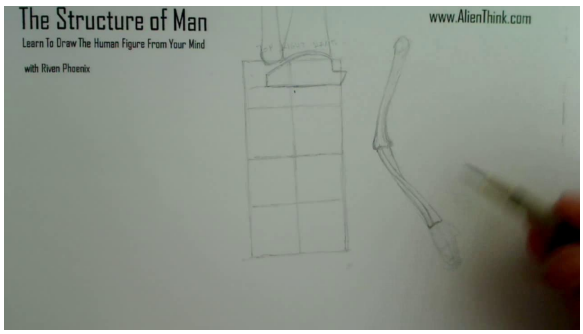
133		If we draw this Mickey Mouse shape hand over here, we can obviously tell that, okay, well, my thumb is going to be somewhere like this.
134		Right?
135		So we can look at this conceptually and say that, okay, the hand is going to be about this big, based on the headsets.
136		So here we automatically know that, okay, we know that what we did here was really just draw this shape, cut it like this and make like this idea over here for this, right?

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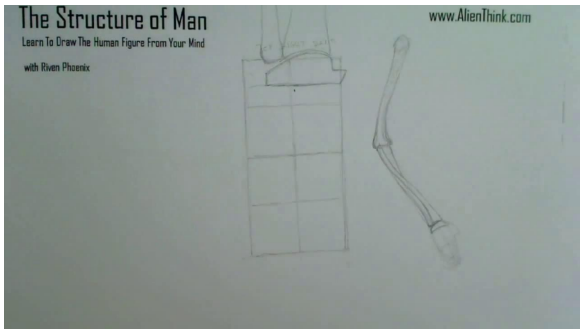
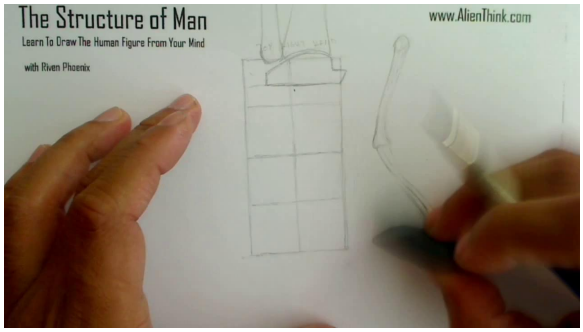
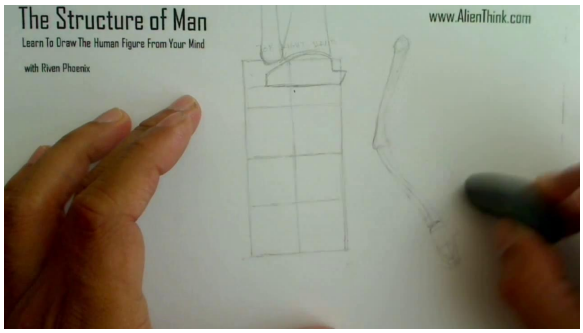
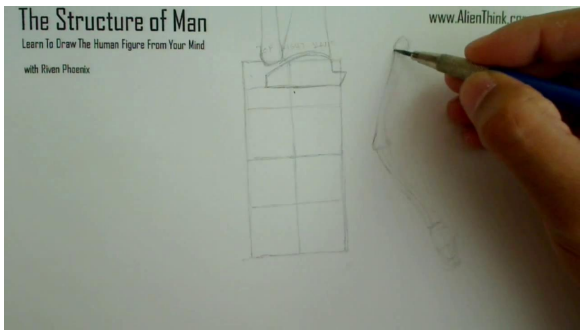
137		So here I'm just going to clean up some of these ideas.
138		Right?
139		Once we get the conceptual idea done and we're going to move slowly across this so we can understand this.
140		So here's going to be my, the bone over here is going to go a little bit like this.

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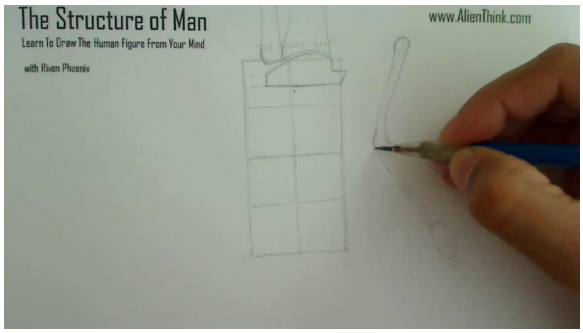
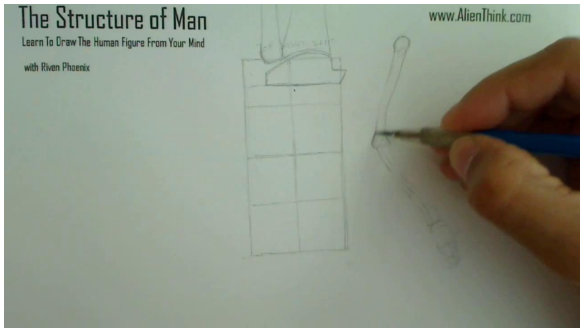
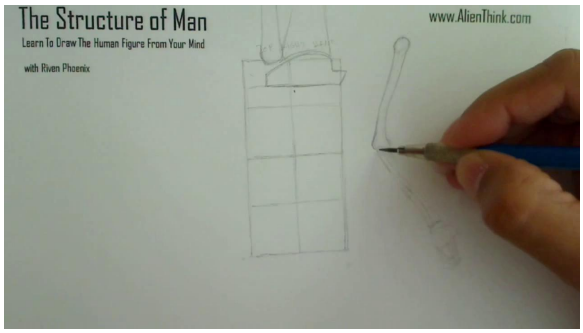
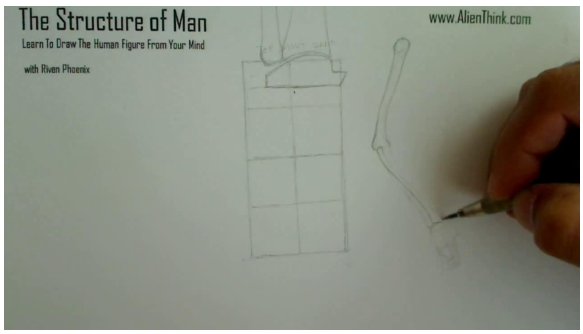
141		Right?
142		And I'm going to make it going this way.
143		And here is going to be the radius turning going in this way.
144		And it's going to go all the way across over here.

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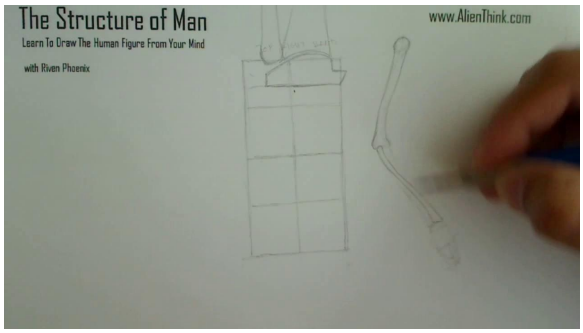
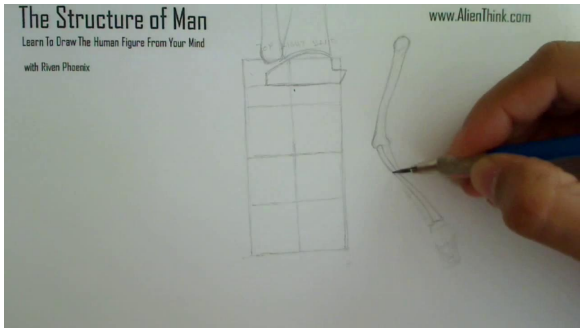
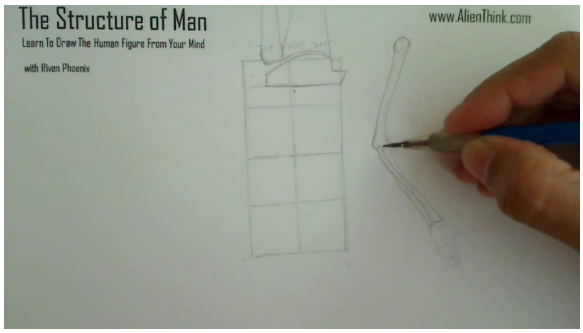
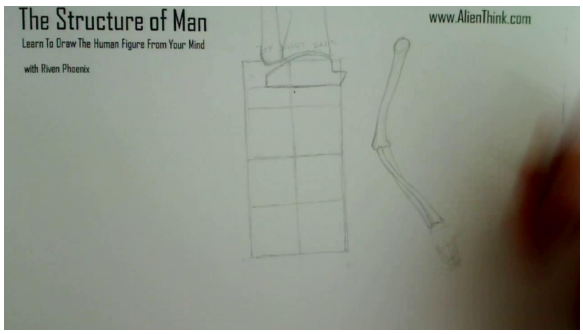
145		Right? It's twisting and turning.
146		And here I'm just going to make this guy go in this direction.
147		Right?
148		So here we said that, okay, well, all we have to do is really just understand what was done over here.

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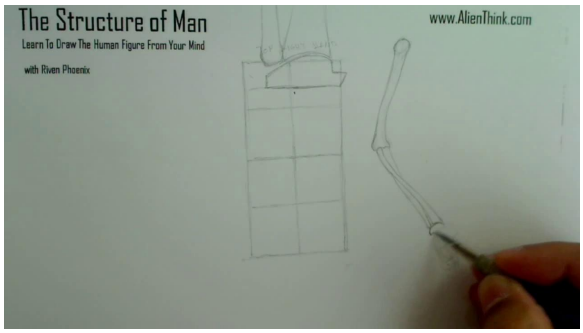
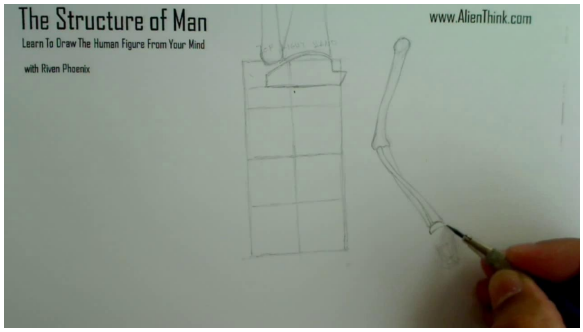
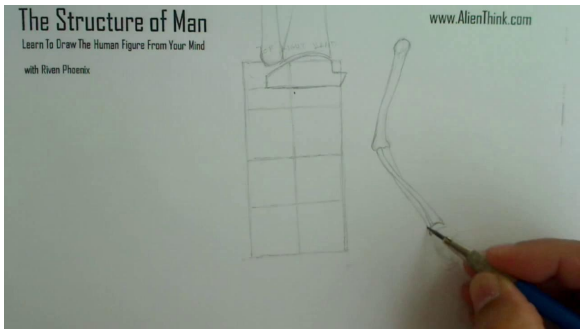
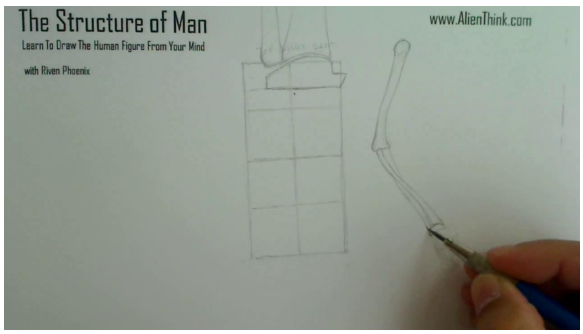
149		Right?
150		This is going to be my wrist area.
151		Right?
152		And remember this bulge over here.

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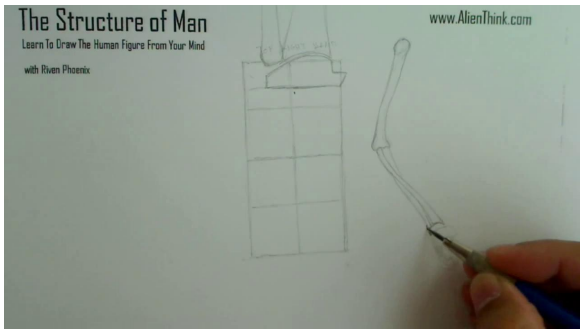
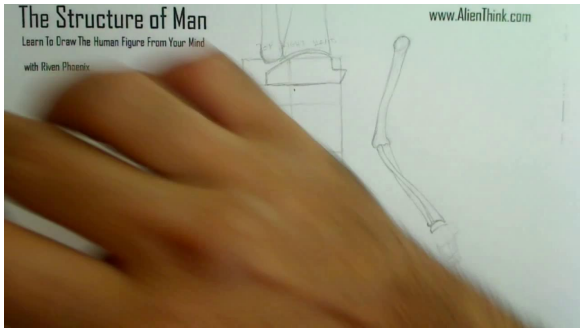
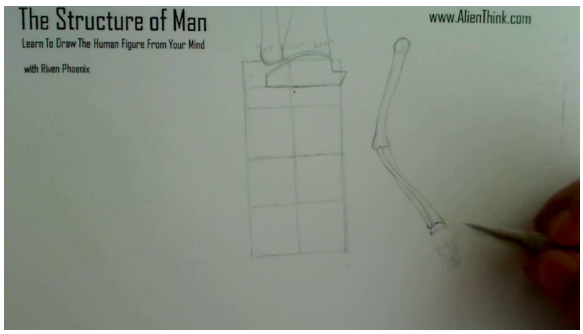
153		Right?
154		This bulge and notice that over here where this bulge is, there's a space here.
155		Right?
156		And this is where this space is.

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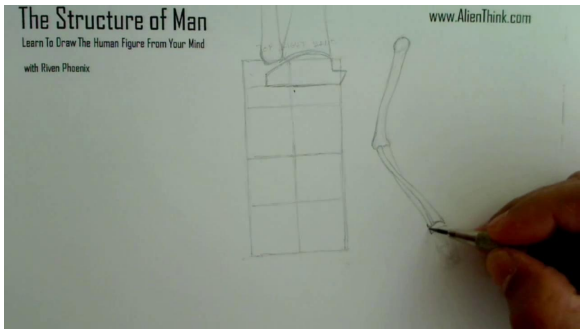
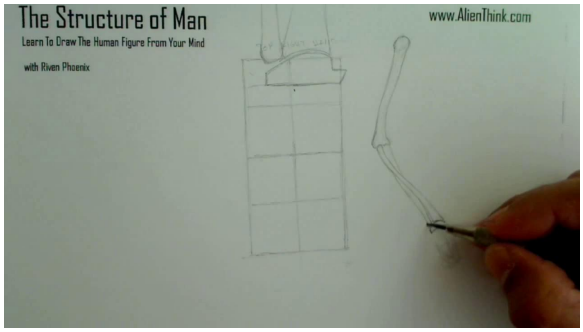
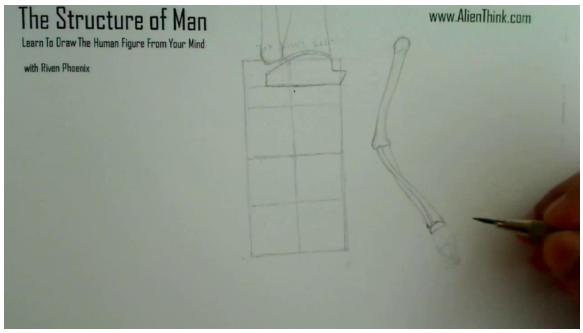
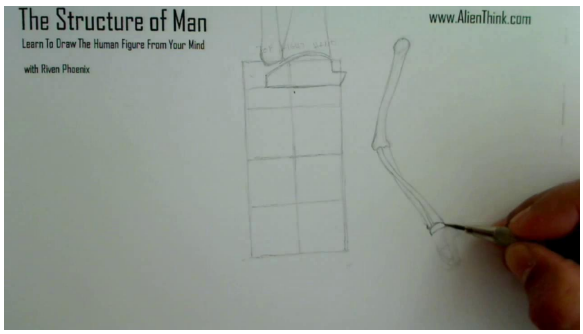
157		And this is your wrist area coming in.
158		And your muscles will be going in that area.
159		So that's where that conceptually, that's where that idea is coming from.
160		Right?

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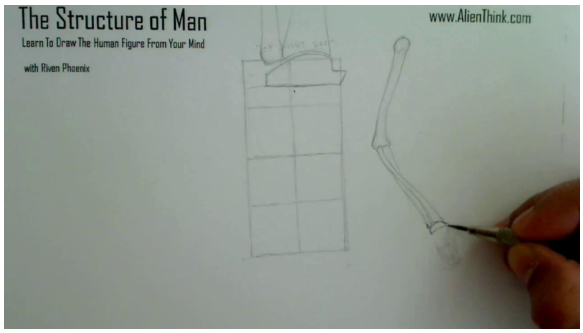
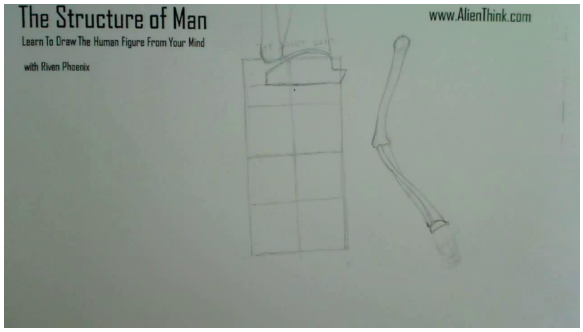
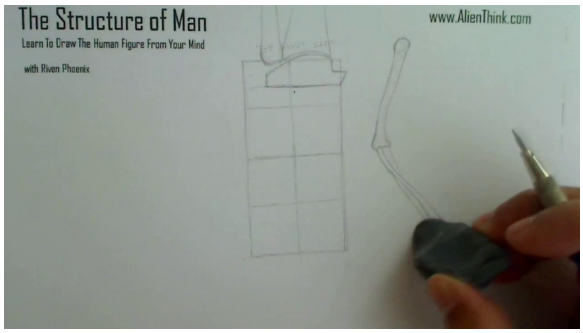
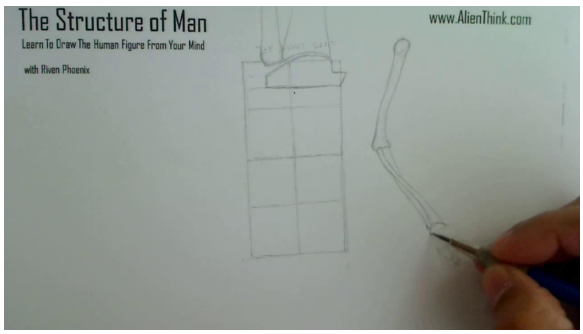
161		So we just need to understand this part here.
162		Okay.
163		So in the next lesson, we'll move forward with this.
164		And we're going to see how we can, regardless of what situation we're in, be able to draw very realistic hands.

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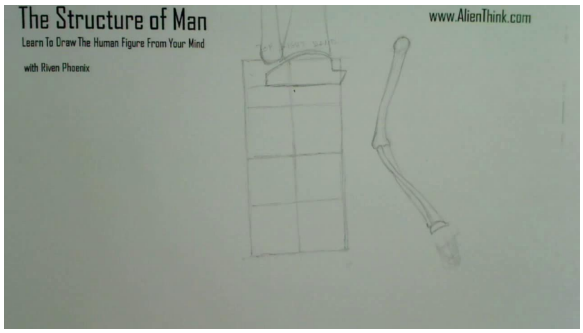
165		So I'll see you in the next lesson. Thanks.

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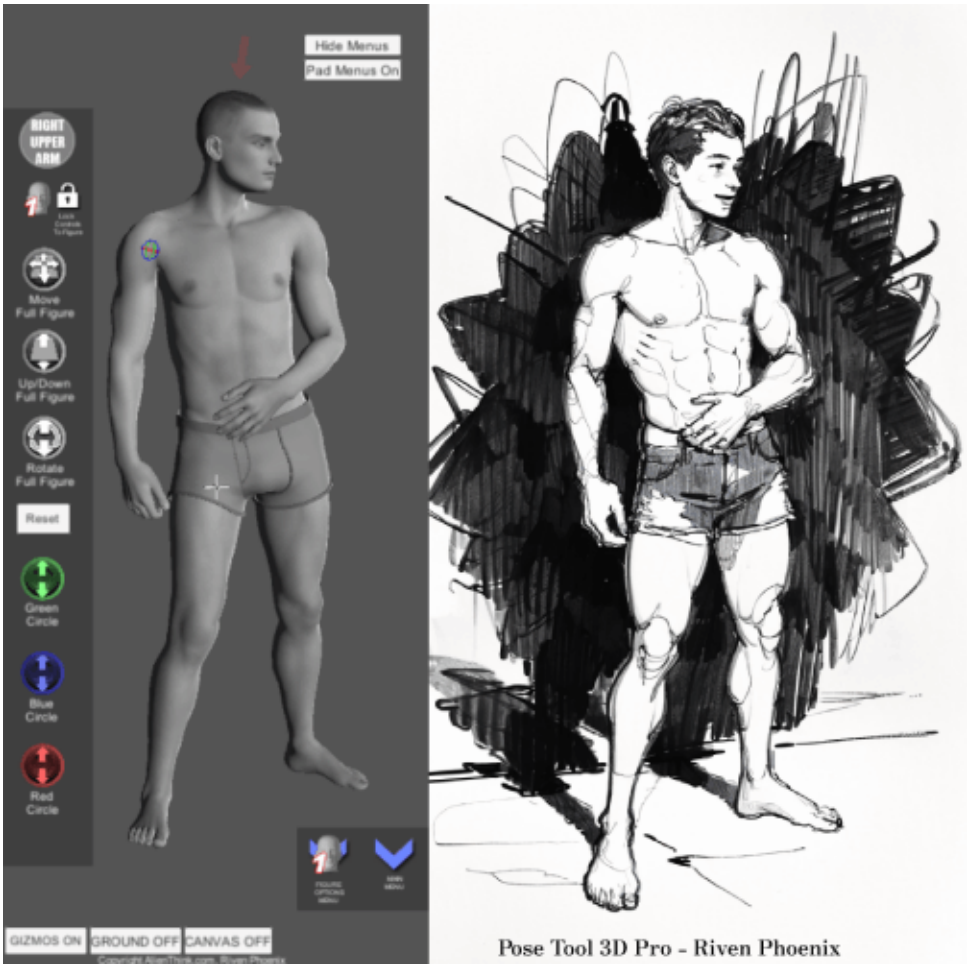

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